



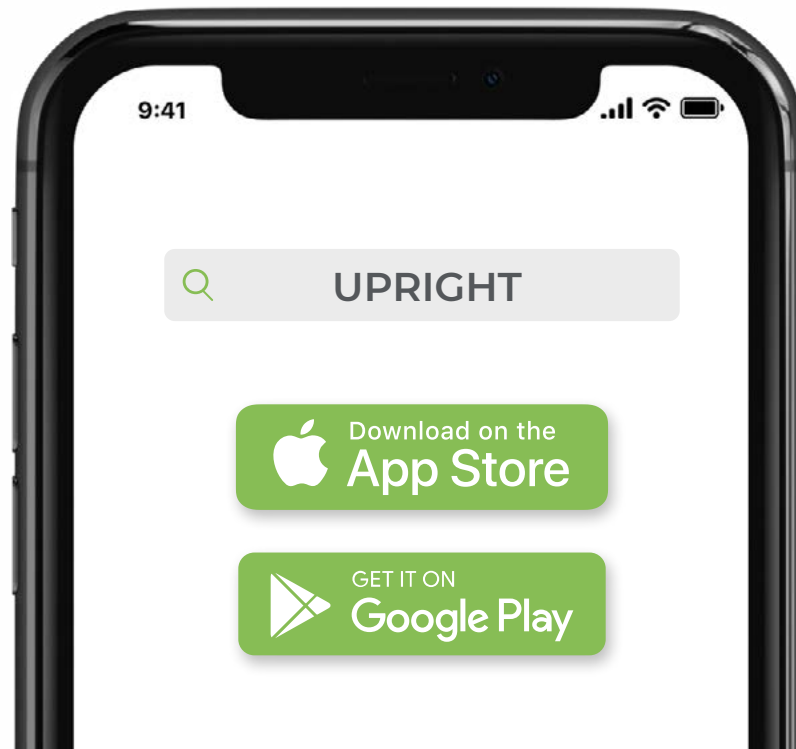
UPRIGHT GO S

GOOD
POSTURE
STARTS
HERE

USER MANUAL

HOW TO GET STARTED

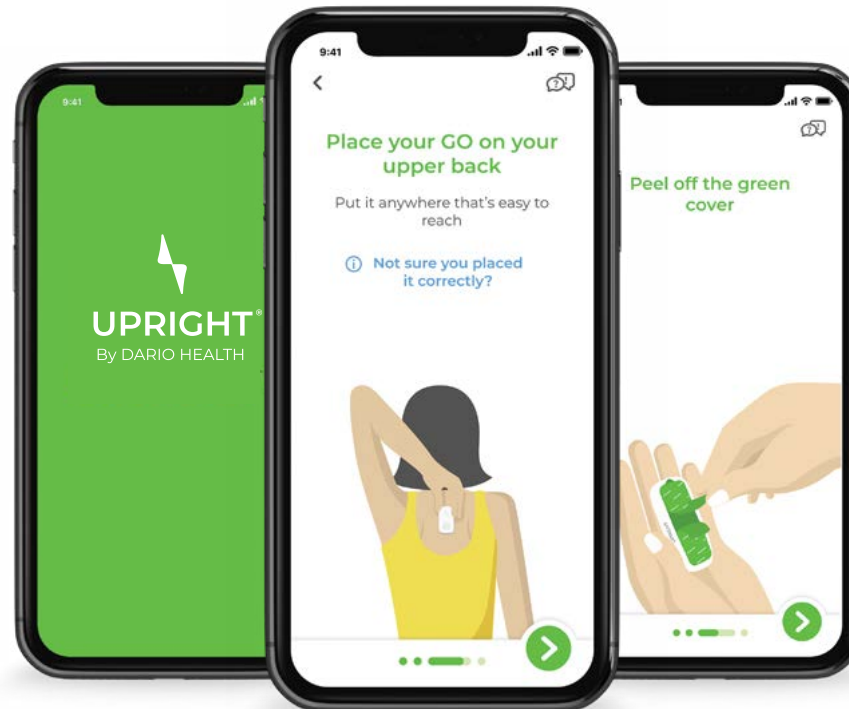
1. Download the **UPRIGHT** app.
Search "UPRIGHT" or simply click on the relevant button below.
2. Follow the tutorial in the app for a step-by-step guide on how to get started.



WHAT TO EXPECT IN THE APP TUTORIAL

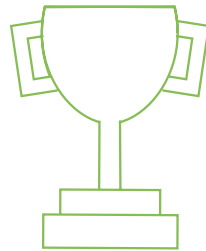
- Set up your UPRIGHT GO with a step-by-step guide
- Learn how to find your ideal upright position
- Get your first daily goal

And more...



TIPS FOR SUCCESS

- For best results within **2 weeks**, we highly recommend **using the GO S daily**
- Use your GO S throughout your workday, in a cool **indoor** environment
- Leave your GO S on **your desk**, in its case, as a reminder to train
- Finally, don't forget to **charge** your GO S



WHAT'S IN THE BOX

1. UPRIGHT GO S

Your personal posture trainer, which measures your posture 64 times a second

2. CASE

Store your GO S in the case while charging it on your desk or when you're on the go

3. CHARGING CABLE

A USB-C cable for charging your GO S. Be sure to use the USB-C cable provided to charge your device

4. ADHESIVES

Attach the GO S to your upper back using the reusable silicone adhesives

5. ADHESIVE REMOVAL TOOL

Use it to peel off your old adhesive when replacing it with a new one

6. ALCOHOL PADS

Use the alcohol pads to clean the adhesives and/or your skin before use

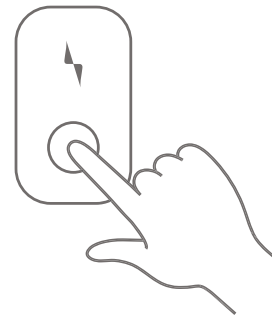
DEVICE SHORTCUTS

Turn On
Short Click

Turn Off
Long Click

Calibration
Double Click

Turn the vibration feedback on/off
One Click



LED INDICATORS



GREEN

Connected
to the app



BLUE

Not
connected



RED

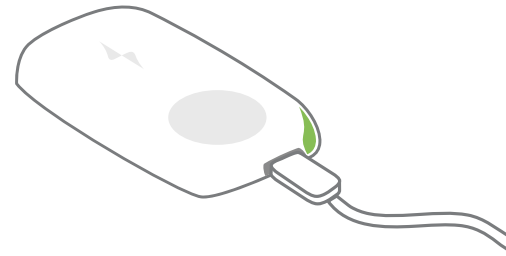
Battery needs
charging

There are two additional LED indicator colors:
yellow for airplane mode and **purple** for
device update mode.

HOW TO CHARGE YOUR GO S

Charging your battery regularly will allow you to use your GO S as often as you choose.

- Place your GO S in its case for safekeeping and charge it with the USB-C cable provided.
- A full charge takes about 3 hours.
- Once your battery is fully charged, the LED light will turn green.
- Your battery will last for ~20 hours.



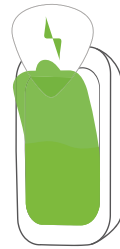
ADHESIVES

CARE & MAINTENANCE

- With proper maintenance, each adhesive can be used about 3-10 times, depending on skin type.
- Make sure your skin is clean and dry before using the GO S. You may use the alcohol pads provided to clean your skin.
- The adhesive doesn't attach well to sweaty skin. Therefore, we recommend training indoors.
- When you're not using your GO S, store it in its case to keep the adhesive clean.

ADHESIVES

REPLACING THE ADHESIVE



1. Remove the old adhesive from the GO S.
We recommend using the removal tool provided.



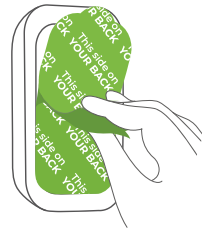
2. **Important:**
Make sure you remove ALL parts of the old adhesive completely, so there's nothing green left on your GO S.



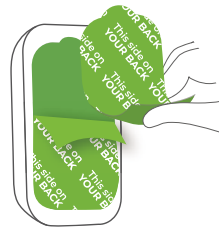
3. Take a new adhesive and peel off just the white cover from one side.

ADHESIVES

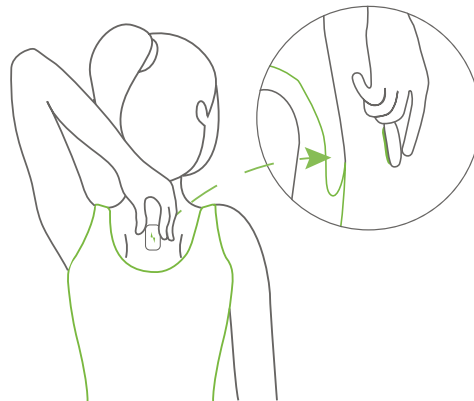
REPLACING THE ADHESIVE



4. Attach the sticky part to the GO S, inside the thin gray frame.



5. When you want to start using your GO S, peel off the green cover that says "This side on YOUR BACK".



6. Attach the GO S to your back.

PRODUCT SPECS

| | |
|----------------------|---|
| Dimensions | 48x28x8.6mm |
| Weight | ~11gr |
| Bluetooth | BLE-Bluetooth Low Energy 4.2 |
| Battery | Single Cell, Lithium-Polymer, 3.7V, 60mAh, 0.222Wh |
| Battery life | ~20 hours |
| Charging cable | USB Type C |
| Input voltage | 5V |
| Input current | 100mA(max) |
| Mobile compatibility | iOS 11 & up Android 8 & up |
| Model number | M/N:UR-02C-02B |

LET'S GO!

NEED MORE INFO?

Chat with us in the app or drop us a line at
hello@uprightpose.com